

## School-Based Health Centers (SBHC)

### What is the service?

- School based health centers (SBHCs) provide primary preventive care to middle and high school students. Centers allow students to receive medical care in a teen-friendly environment, offering both medical and socio-emotional services
- Benefits include minimizing the healthcare gap among uninsured students, improving access to health care, reducing out of school time, and providing helpful socio-emotional resources to students.
- Websites:
  - King County:  
[www.metrokc.gov/health/yhs/index.htm](http://www.metrokc.gov/health/yhs/index.htm)
  - [www.healthinschools.org/sbhcs/](http://www.healthinschools.org/sbhcs/)
  - Kitsap County:  
[http://www.kitsapcountyhealth.com/community\\_health/health\\_promotion/adolescent\\_health.htm#spectrum](http://www.kitsapcountyhealth.com/community_health/health_promotion/adolescent_health.htm#spectrum)

### How/where is the service provided?

- School-based services are located on school grounds, and serve as a point of first contact for students.

#### *King County*

- Currently, there are 16 SBHCs in rural, suburban, and urban settings of Seattle-King County
  - 10 in Seattle high schools
  - 4 in Seattle middle schools
- Centers are partnerships between Seattle Public Schools, Public Health Seattle & King County, The City of Seattle, and various community health care organizations.
- Centers are staffed by multidisciplinary teams including at least: school nurse, mental health counselor, nurse practitioner, and program coordinator/receptionist
- Services focus on prevention in the following three areas: health education, physical health, and mental health.
- Funding has come from the Seattle Families and Education Levy. This voter-approved initiative began in 1990.

#### *Kitsap County*

- Spectrum School Based Clinic opened in September 2003 (school year 2003/2004).
- Center is staffed by a family nurse practitioner, health educator, school nurse, and mental health therapist in association with the school's counselor, principal, teachers, staff, and intervention specialist.
- Services focus on prevention and addressing the barriers to health care seen in this rural area.

- Center is a partnership between Spectrum SBHC and North Kitsap School District, Kitsap County Health District, Port Gamble S'Klallam Tribe, Kitsap Mental Health, and community.
- Presentations have been made to Pierce County on the success of the Spectrum SBHC; plans are being made for future presentations. Plans are also underway with Bremerton School District in exploring the feasibility of a school based health clinic.

## Eligibility

- All students enrolled in schools with health centers are eligible
- Written parental consent is required except in situations where federal and/or state laws allow youth to access such treatment without parent/guardian consent.

## Who is receiving the service?

### *Demographic Characteristics, Seattle School Based Health Centers, Academic Year 2002-2003<sup>1,2</sup>*

High School	Middle School
<ul style="list-style-type: none"> <li>▪ Unduplicated users: 3,707</li> <li>▪ Total school enrollment = 12, 036</li> <li>▪ Percent of school enrolled in SBHC= 31%</li> <li>▪ Percent of SBHC-enrolled students using services = 52%</li> <li>▪ 4.8 visits per student per year on average</li> <li>▪ Of 3,707 unduplicated users, services are received by: <ul style="list-style-type: none"> <li>○ Grade 9 = 18%</li> <li>○ Grade 10 = 27%</li> <li>○ Grade 11 = 27%</li> <li>○ Grade 12 = 22%</li> <li>○ Unknown = 6%</li> </ul> </li> <li>▪ <i>Female:</i> 79%</li> <li>▪ <i>Race/ethnicity:</i> <ul style="list-style-type: none"> <li>○ White = 33%</li> <li>○ African American = 30%</li> <li>○ Asian/PI = 20%</li> <li>○ AIAN = 2%</li> <li>○ Hispanic/Latino = 8 %</li> <li>○ Multiethnic = 2%</li> <li>○ Other unknown = 5%</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ Unduplicated users: 779</li> <li>▪ Total school enrollment = 2,770</li> <li>▪ Percent of school enrolled in SBHC= 28%</li> <li>▪ Percent of SBHC enrolled students using services = 45%</li> <li>▪ 4.3 visits per student per year on average</li> <li>▪ Of 779 unduplicated users, services received by: <ul style="list-style-type: none"> <li>○ Grade 6 = 23%</li> <li>○ Grade 7 = 35%</li> <li>○ Grade 8 = 42%</li> </ul> </li> <li>▪ <i>Female:</i> 59%</li> <li>▪ <i>Race/ethnicity:</i> <ul style="list-style-type: none"> <li>○ White = 31%</li> <li>○ African American = 36%</li> <li>○ Asian/PI = 14%</li> <li>○ AIAN = 1%</li> <li>○ Hispanic/Latino = 12%</li> <li>○ Other unknown = 6%</li> </ul> </li> </ul>

<sup>1</sup> "Youth Health Services Annual Report 2002-2003", Public Health: Seattle & King County, Website: <http://www.metrokc.gov/health/yhs/yhs-2002-2003-report.pdf> Accessed 5/3/05

<sup>2</sup> "Seattle's School-Based Health Centers", Public Health: Seattle & King County, Website: <http://www.metrokc.gov/health/yhs/thc.htm> Accessed 5/3/05

### *Demographic Characteristics, Spectrum Clinic in Kitsap County, 2004 Totals*<sup>3</sup>

#### **High School and Middle School**

- Unduplicated Users = 78
- Total School Enrollment = 120
- Percent of students enrolled in SBHC = No distinction made between students enrolled and students using SBHC services.
- Percent of enrolled students using SBHC services = 65%
- Served 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> graders as well as 7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> graders from Kingston Junior High.
- *Female* = 59%
- Ethnicity breakdown = Do not break down by ethnicity. Served White, Native American, African American, Hispanic, and Mixed Race students.

#### **Issues/concerns**<sup>4,5</sup>

- Continued voter support of funding by “Seattle Families & Education Levy” is needed
- Expansion of funding base including alternative funding mechanisms for support of SBHC in Kitsap County is needed
- Expansion of SBHCs beyond Seattle-King County including expansion throughout Kitsap County is needed
- School populations being served should be expanded

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<sup>3</sup> Kitsap County Health District. Website: [http://www.kitsapcountyhealth.com/community\\_health/health\\_promotion/spectrum](http://www.kitsapcountyhealth.com/community_health/health_promotion/spectrum)

<sup>4</sup> The Center for Health and Health Care in Schools, “National Survey of State SBHCs, 2001-2002”. Website: <http://www.healthinschools.org/sbhcs/index.asp>. Accessed 4/20/05

<sup>5</sup> “Manager, Youth Health Services”, Linda St. Clair., Public Health, Seattle&King County. June 2005.